

AFTER TOOTH EXTRACTION

First 24 hours - Establishing and protecting blood clot.

Bite on gauze swab for 45 minutes. If after the removal of the swab you are spitting blood into the sink, moisten another swab and place into your mouth for another 45 minutes. Repeat as necessary.

No fruit juice, soft drinks or alcohol for 24 hours.

- fruit juices and soft drinks contain acids that can dissolve the blood clot.

- alcohol increases blood pressure.

Soft diet and nothing too hot to eat.

NO ASPIRIN - Aspirin thins out the blood and may make the wound bleed. Paracetamol if painful or prescribed medication if advised.

Rinse mouth gently with cool tap water to get rid of any bad tastes.

If stitches are present, please try to avoid playing with them.

Next 3 weeks - Rinse your mouth vigorously with warm salty water (level teaspoon of salt in a glass of warm water) before and after meals and before bed.

Complications - If the area starts to become sore again after 3-4 days, please contact the surgery as you may be developing a "dry socket" which is a very painful jaw infection. Antibiotics are part of treatment regime for this condition. Should you have any further concerns please do not hesitate to contact the office.

******NO SMOKING FOR 24 HOURS******

